



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01230, Milk, buttermilk, fluid, whole**

**Report Date: July 11, 2017 15:09 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
<b>Proximates</b>					
Water	g	87.91	--	--	215.38
Energy	kcal	62	--	--	152
Energy	kJ	260	--	--	637
Protein	g	3.21	--	--	7.86
Total lipid (fat)	g	3.31	--	--	8.11
Ash	g	0.68	--	--	1.67
Carbohydrate, by difference	g	4.88	--	--	11.96
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	4.88	--	--	11.96
<b>Minerals</b>					
Calcium, Ca	mg	115	--	--	282
Iron, Fe	mg	0.03	--	--	0.07
Magnesium, Mg	mg	10	--	--	24
Phosphorus, P	mg	85	--	--	208
Potassium, K	mg	135	--	--	331
Sodium, Na	mg	105	--	--	257
Zinc, Zn	mg	0.38	--	--	0.93
Copper, Cu	mg	0.025	--	--	0.061
Manganese, Mn	mg	0.004	--	--	0.010
Selenium, Se	µg	3.7	--	--	9.1
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.047	--	--	0.115

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
Riboflavin	mg	0.172	--	--	0.421
Niacin	mg	0.090	--	--	0.221
Pantothenic acid	mg	0.380	--	--	0.931
Vitamin B-6	mg	0.036	--	--	0.088
Folate, total	µg	5	--	--	12
Folic acid	µg	0	--	--	0
Folate, food	µg	5	--	--	12
Folate, DFE	µg	5	--	--	12
Choline, total	mg	14.6	--	--	35.8
Vitamin B-12	µg	0.46	--	--	1.13
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	47	--	--	115
Retinol	µg	46	--	--	113
Carotene, beta	µg	7	--	--	17
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	165	--	--	404
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.17
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	1.3	--	--	3.2
Vitamin D3 (cholecalciferol)	µg	1.3	--	--	3.2
Vitamin D	IU	52	--	--	127
Vitamin K (phylloquinone)	µg	0.3	--	--	0.7
<b>Lipids</b>					
Fatty acids, total saturated	g	1.899	--	--	4.653
4:0	g	0.076	--	--	0.186
6:0	g	0.076	--	--	0.186
8:0	g	0.076	--	--	0.186
10:0	g	0.076	--	--	0.186
12:0	g	0.078	--	--	0.191
13:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
14:0	g	0.302	--	--	0.740
15:0	g	0.000	--	--	0.000
16:0	g	0.844	--	--	2.068
17:0	g	0.000	--	--	0.000
18:0	g	0.371	--	--	0.909
20:0	g	0.000	--	--	0.000
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.827	--	--	2.026
14:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.827	--	--	2.026
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.198	--	--	0.485
18:2 undifferentiated	g	0.122	--	--	0.299
18:3 undifferentiated	g	0.076	--	--	0.186
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	11	--	--	27
<b>Amino Acids</b>					
Tryptophan <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.041	--	--	0.100
Threonine <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.137	--	--	0.336
Isoleucine <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.166	--	--	0.407
Leucine <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.304	--	--	0.745
Lysine <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.269	--	--	0.659
Methionine <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.084	--	--	0.206
Cystine <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.020	--	--	0.049
Phenylalanine <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.166	--	--	0.407
Tyrosine <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.162	--	--	0.397

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
Valine <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.210	--	--	0.514
Arginine <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.092	--	--	0.225
Histidine <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.097	--	--	0.238
Alanine <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.108	--	--	0.265
Aspartic acid <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.275	--	--	0.674
Glutamic acid <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.721	--	--	1.766
Glycine <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.064	--	--	0.157
Proline <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.317	--	--	0.777
Serine <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.193	--	--	0.473
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD

<sup>4</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD